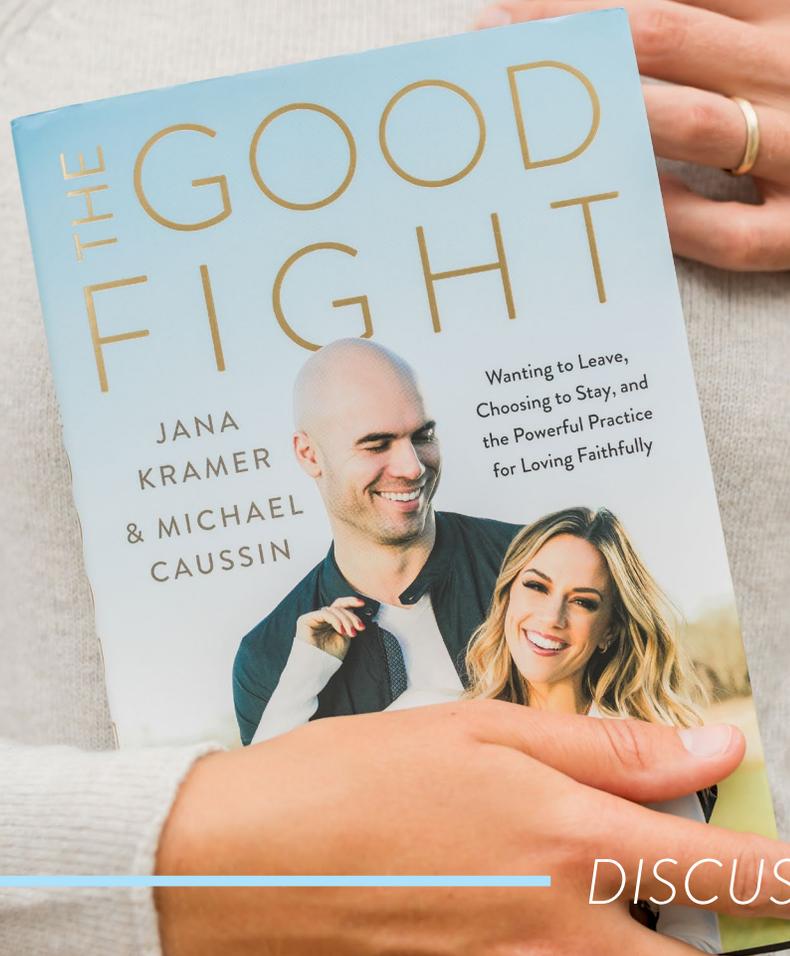


THE GOOD FIGHT



DISCUSSION GUIDE



Learning your partner's baggage is like reading their diary. You learn some of the most important, most intimate parts about them. You're learning the fundamental reasons why they are who they are—the good, the bad, and the ugly.

What are some ways you can be intentional in your relationship about approaching baggage as an opportunity—rather than a burden—to learn about your partner and love them better?

How to Help Your Partner Carry Their Baggage:

REMEMBER
WHO IS TALKING TO YOU

PRACTICE PATIENCE
AND UNDERSTANDING

LISTEN

PUT YOURSELF IN
YOUR PARTNER'S SHOES

STAY POSITIVE

PAY ATTENTION TO PATTERNS

CHAPTER 2

In what area of your life do you tend to ignore your “side of the street” and shift blame toward your partner? Can you think of a recent argument you had where this happened that you still have an opportunity to apologize for?



Keeping your side of the street clean is about looking in the mirror. It’s about owning your own shit without pointing the finger back, and more than that, realizing what you can do to be a better partner or spouse.

CHAPTER 3

What are some happy triggers in your relationship that you can share with your partner? Are there any trauma triggers from the past that would be helpful to talk through with them as well?

CHAPTER 4

Is there a recurring conflict in your relationship where you think the Safe Talk Process might help you better communicate your feelings?

When you’re ready for the Safe Talk Process be aware of your:

GOAL	BODY LANGUAGE
TONE	PURPOSE

Checklist for a Nightly Check-In:

- FEELINGS
- AFFIRMATIONS
- NEEDS
- OWN
- SOBRIETY

CHAPTER 5



“At some point, we have all asked our partners, or our partners have asked us, this question: ‘Are you listening to me?’ The question to ask yourself is, are you actually listening to your partner? Or are you just hearing while you wait for your chance to respond?”

Think back to the last difficult conversation you had with your partner and ask yourself these questions. What can you do next time to make sure you are actually listening to your partner?

Rules for Active Listening:

LISTEN INTENTLY

MAKE AND KEEP EYE CONTACT

HAVE INVITING BODY LANGUAGE

EMPATHIZE

KNOW THAT IT
ISN'T ABOUT YOU

ASK THE SPEAKER
WHAT THEY NEED FROM YOU

CHAPTER 6

Mike and Jana are clear that there are many different masks a lie can wear. A lie can be about an error, omission, justification, denial, minimization, exaggeration, or fabrication. Is there a particular kind of lie you find yourself using more frequently than others?

In order to set effective boundaries, you need to be clear with your partner about:

WHO YOU ARE	WHAT YOU BELIEVE AND VALUE
WHAT YOU WANT	WHAT YOUR LIMITS ARE

CHAPTER 7

Are you someone who could greatly benefit from taking time away from an escalated conversation to cool down? Or are you someone who needs to be more patient when a partner tells you they need to walk away from an escalated argument? Talk with your partner about the best way to communicate your need to walk away or about how they want you to respond when they tell you they need to walk away.

What's your goal in an argument?

1. Do you want to be right?
2. Or do you want to be heard?

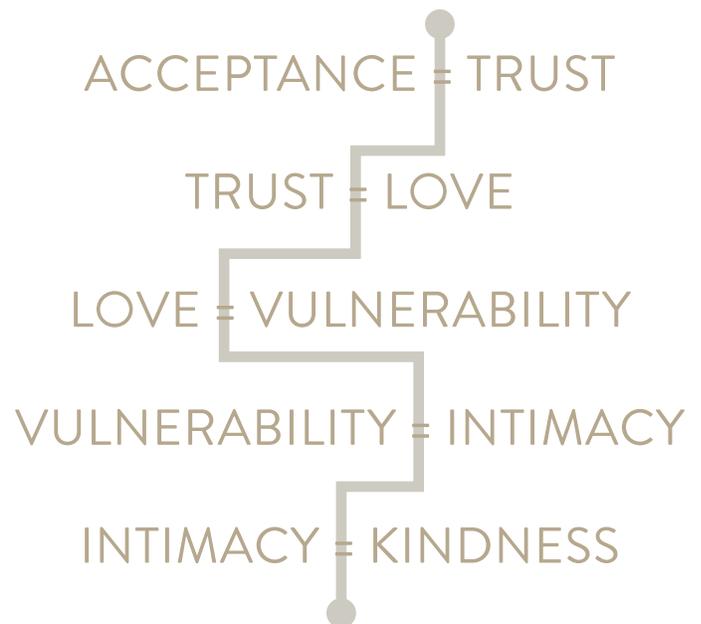
CHAPTER 8



What do you do when you need help? What do you do when you feel alone? Who, or what, do you turn to when you feel lost?

When faced with these questions Jana and Mike have turned to God and prayer for help, but what works for you and in your relationship?

Roadmap to Reconciliation



CHAPTER 9

How do you typically respond to your partner's apologies? Are you open to receiving them and recognizing the role you played in the conflict?



It takes two to apologize, just like it takes two to fight.

CHAPTER 10



Intentional time is purposeful time set aside for you and your partner to spend together with the goal of growing your love and understanding one another.

What kind of intentional time do you crave from your partner—intentional conversation, date nights, etc.? What kind of intentional time do you think your partner craves from you?

CHAPTER 11

Do you struggle with bringing up past arguments or behaviors in the midst of a new conflict? What are some strategies that would help you stay present in the emotions stemming from the current argument?

How to stay present when tempted to ruminate on the past:

GO FOR A WALK

CALL A FRIEND

MEDIATE

DISTRACT YOURSELF—
COLOR, READ, PLAY A GAME, ETC

THE GOOD FIGHT

F ORGIVENESS

I NTENTION

G RACE

H UMILITY

T RUST